



The 2-minute ergonomics check.

When your back clocks off before you do.

Ten statements show where your workstation is costing you unnecessary effort. Go through the check with your team and tick what regularly applies in your day-to-day work.

Adjustment and posture

- ☐ I often work with raised shoulders, a bent back or my upper body leaning forwards.
- ☐ I have to turn, raise or lower my head significantly to see the screen or work surface clearly.
- ☐ I remain in the same sitting or standing position for long periods.

Reach and freedom of movement

- ☐ Frequently used tools, materials or documents are outside my immediate reach.
- ☐ There is not enough space at my workstation to change position safely.
- ☐ For recurring tasks, I regularly have to twist or contort sideways.

Force and repetition

- ☐ I lift heavy or bulky loads from the floor or from a great height.
- ☐ I regularly carry loads over longer distances.
- ☐ I repeat the same movement for long periods without changing tasks.
- ☐ Tools or equipment require a lot of force or are difficult to grip.

Evaluation

Every tick highlights an opportunity for improvement.

Start where strain occurs particularly often, requires a lot of effort or leads to poor posture over time.

Several ticks in one area?

Then it is worth looking at the workstation as a whole. Layout, equipment and workflow often interact directly.

This check is intended as an initial guide and does not replace a workplace risk assessment.



Practical tip: Change it first. Then check.

Make one specific improvement and let your team work with it for a few days. Then ask three questions:

- Does the task feel easier?
- Are fewer awkward movements needed?
- Does the solution work for everyone who uses the workstation?

Keep what works. Fine-tune what still doesn't.



A workstation should give you energy. Not take it away.

The right equipment brings posture, movement and workflow into better alignment.

For office workstations

- Office chairs with active back support
- Height-adjustable desks for switching between sitting and standing
- Footrests for a stable, relaxed foot position
- Monitor arms for the right height and viewing angle
- Office stools for more changes of posture throughout the day

For workshops and warehouses

- Height-adjustable workbenches and worktables for the right working height
- Standing supports and work stools for varied tasks
- Anti-fatigue mats for prolonged standing on hard floors
- Trolleys for shorter, easier transport routes
- Lifting aids to reduce manual strain when lifting and moving

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